

Registered Number 06072251

Inside Out Coaching Limited

Abbreviated Accounts

31 March 2010

Inside Out Coaching Limited

Registered Number 06072251

Company Information

Registered Office:

2 Churchill Court
58 Station Road
North Harrow
Middlesex
HA2 7SA

Reporting Accountants:

RCG & Co
Chartered Certified Accountants
2 Churchill Court
58 Station Road
North Harrow
Middlesex
HA2 7SA

Bankers:

HSBC
74 Goswell Road
Clerkenwell
London
EC1V 7DA

Inside Out Coaching Limited

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Balance Sheet as at 31 March 2010

	Notes	2010 £	2009 £
Fixed assets			
Tangible	2	3,377	5,702
		<u>3,377</u>	<u>5,702</u>
Current assets			
Debtors		7,447	9,146
Cash at bank and in hand		37,231	46,827
Total current assets		<u>44,678</u>	<u>55,973</u>
Creditors: amounts falling due within one year		(20,462)	(20,792)
Net current assets (liabilities)		24,216	35,181
Total assets less current liabilities		<u>27,593</u>	<u>40,883</u>
Total net assets (liabilities)		<u>27,593</u>	<u>40,883</u>
Capital and reserves			
Called up share capital	3	100	100
Profit and loss account		27,493	40,783
Shareholders funds		<u>27,593</u>	<u>40,883</u>

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- a. For the year ending 31 March 2010 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
 - b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
 - c. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
 - d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 02 December 2010

And signed on their behalf by:

Ms S Stanley, Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.

Notes to the Abbreviated Accounts

For the year ending 31 March 2010

1 Accounting policies

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Motor vehicles	25% on cost
Computer equipment	0% Straight line over 3 years

2 Tangible fixed assets

		Total
Cost		£
At 01 April 2009	-	8,669
At 31 March 2010	-	<u>8,669</u>
Depreciation		
At 01 April 2009		2,967
Charge for year	-	<u>2,325</u>
At 31 March 2010	-	<u>5,292</u>
Net Book Value		
At 31 March 2010		3,377
At 31 March 2009	-	<u>5,702</u>

3 Share capital

2010	2009
£	£

Allotted, called up and fully paid:

100 Ordinary shares of £1 each

100

100